Sea Country Senior & Community Center
24602 Aliso Creek Road
425-5151

Senior Center Hours: M-F, 9am-4pm

Community Center Hours:
M-Th, 6pm and Sa, 7am.

Sea Country Fitness Center for Adults 50+

The fitness center has 15 pieces of equipment including cardio, strength and flexibility.

Hours of Operation
Monday – Friday, 9am-4pm

Annual Fitness Center Fee

Residents:
$25 for Group Equipment Orientation
$45 for an Individual Equipment Orientation

Non-Residents:
$40 for Group Equipment Orientation
$60 for an Individual Equipment Orientation

The Fitness Center is located within the Sea Country Senior and Community Center. A registration packet that includes a registration form, liability waiver, a medical release form, to be signed by your doctor, is required at the time of registration. Proof of residency is required by showing a utility bill. Fitness Center membership cards will be issued once all required forms are submitted and an equipment orientation has been completed.

Summertime Concerts on the Courtyard

Join us for a variety of live music on our beautiful courtyard. Light refreshments will be served.

REGISTER: In office or call 425-5151

Location: SCC

JAZZ
With Crepes Bonapart

6754	Jun 21	F	1-2:30pm	$2

ISLAND TIME
With Hula Girls Shaved Ice

6755	Jul 10	W	1-2:30pm	$2

MOTOWN
With Ice Cream

6756	Aug 23	F	1-2:30pm	$2

COUNTRY
With Hot Dogs and all the Toppings

6757	Sep 18	W	1-2:30pm	$2

Sea Country's Salad Bar Lunches

It's summertime so let's enjoy all the delicious fruits and vegetables that are in season! Once a month Sea Country will have a salad lunch during the summer. Join us for a fresh crisp salad with fun toppings!

REGISTER: In office or call 425-5151

Location: SCC

6758	Jun 11	Tu	12-1pm	$3
6759	Jul 16	Tu	12-1pm	$3
6760	Aug 27*	Tu	12-1pm	$3

**Bonus health talk with lunch.*

Bunco Blast Parties

Join us for the fun game of Bunco! Bunco is an easy to learn dice game. Refreshments will be served. Winners will win prizes.

REGISTER: In office or call 425-5151

Location: SCC

Jun 28	F	1:30-3pm	Free
Jul 19	F	1:30-3pm	Free
Aug 16	F	1:30-3pm	Free

Computer Classes

Capistrano Adult School Computer Classes at Sea Country

REGISTER/INFORMATION:
Call 493-0658 / www.capistranoadultschool.org

Instructor: Capistrano Adult School Instructor
Location: SCC

Computer Basics

For the true beginner! Are you the new owner of a computer, but aren't sure what to do with it? Learn the lingo, how to identify and set up the components, understand the operating system and explore the function of various software. No experience required.

TBD	Tu	9:30-11:30am	$39

Beyond the Basics: Hands on Projects

For those with a basic knowledge of computer use, it's time to expand your computer skills! You will learn the basic skills on how to use Microsoft Word and Excel. Also learn to type notes, 'To Do' lists, letters, home budgets, saving, retrieving, printing documents, and much more.

TBD	W	1-3pm	$39
TBD	W	1-3pm	$39

Beyond the Basics: Photos

For students who have completed Beyond the Basics. Students will incorporate all their computer skills to master digital camera techniques, CDs with pictures, cell phone pictures and more. Use Microsoft programs to generate projects and learn email attachment techniques to send emails as well.

TBD	W	1-3pm	$39

Internet/Email

Interested in joining the "digital revolution" but don't know how to start? This course will help beginners learn the vocabulary and basics of using the World Wide Web and create and use an internet-based email account.

TBD	Tu	1-3pm	$39

Enrichment

Beginning Ukulele

Ukulele is making a big comeback. Join this beginning 8-week class and learn to play the ukulele.

REGISTER: Call instructor at 364-1643
or email: rossini05@hotmail.com
Location: SCC

May 15-Jun 5	W	1-2pm	$80
May 15-Jun 5	W	7-8pm	$80

Fitness/Well Being

Brain Body Challenge
Mental Fitness Class

These classes use neurobic challenges (new and unique activities that utilize our senses) to improve mental fitness and memory development. Participants will have fun with memory and focus activities, partners, language, rhythm, meditation, balance and more.

REGISTER: Call 425-5151

Instructor: Pat Glavin
Location: SCC

Ongoing	F	9:30-10:30am	Free

Workout with Weights by Geri-Fit *New!*

Help prevent osteoporosis, improve strength, stamina, balance and arthritic conditions in this 45-minute strength training exercise class for adults 60 and over. No aerobics and no floor work! Exercises may be done seated in a chair, if needed. Bring a set of 2-pound dumbbells (each), a stretch band and water to drink during the workout.

REGISTER: Call 425-5151

Instructor: Geri-Fit staff
Location: SCC

6761	Jun 3-26	M & W	1:45-2:30pm	$48
6762	Jul 1-24	M & W	1:45-2:30pm	$48

Zumba Gold

ZUMBA Gold is a fusion of high energy and motivational Latin and International music/dance themes creating a dynamic, exciting, effective fitness system! Based on the principle that a workout should be "FUN AND EASY". Zumba Fitness is great for the body and mind. Perfect for any fitness level!

Instructor: Anette Monroe
Location: SCC

6568	Jun 5-Aug 21	W	9:15-10am	$84 Drop-in: $10

Services

Adult Public Health Nursing Services

Come visit our public health nurse, Cheryl Lowes. The nurse is here on Mondays once or twice a month from 9am-1pm. Your free health assessment may include: health and nutritional assessment and counseling, individualized health care plan, and health screening. The following health screening can be provided: pulse, blood pressure, hearing, vision, hemoccult, hemoglobin, blood sugar, urine, weight & height, oral/dental, skin. Please call 425-5151 to schedule an appointment.

Lunch at Sea Country Center

Hot or cold lunches are available Mon., Wed., and Fri. at 11:45am. A suggested Donation of $4 is requested for seniors age 60+. Reservations are encouraged, but not required. For more information call all our on-site nutrition coordinator at 362-2807. (All meals are provided by Age Well Senior Services.)

Meals on Wheels

For those who qualify, home delivered meals are available through Age Well Senior Services. Monday-Friday, volunteers deliver meals to those who are unable to come to the center. For more information call 362-2807.

HICAP

A HICAP (Health Insurance Counseling Advocacy Program) counselor is here on the first Monday of the month from 1-3pm. The counselor will help you answer your questions and understand your insurance better and can facilitate the handling of billing issues. Please call 425-5151 to schedule an appointment.

GAMES

Bingo – Sr. Club
Wed, 12:30-3pm ..... 25¢ per card
Must arrive by 1:15pm
(Min. $5 buy-in)

Bridge – ACBL Duplicate
Th, 12-4pm $7/day
Call Mary at 380-1830 or email at mscott40@cox.net

Bridge (Party) – Sr. Club
Wed, Fri 12:30-3:30pm ..... Free
3rd Fri 1:30-3:30pm ..... Free
Call Helen Pearson 496-7357

Mah Jong
Mon, 12:30-3:30pm ..... Free
Tu, 12:30-3:30pm ..... Free

Backgammon
Mon, 9am-12pm ..... Free
Fri, 9-11:30am ..... Free

Pinnochle
Wed, 1-3pm ..... Free

Table Tennis
Tu, 9am-12pm ..... Free
Wed, 9am-12pm ..... Free
Fri, 9am-3pm ..... Free

Scrabble – Sr. Club
Th, 1-3pm ..... Free

HEALTH & EXERCISE

P.A.C.E

(People with Arthritis Can Exercise)
Tu/Th, 11:30am-12:30pm ..... Free

Gentle exercises for people with arthritis. Exercises can be performed either standing or sitting. **Exercises are taught by an Arthritis Foundation instructor.** Drop-ins welcome.

Capistrano Adult & Community Education

Register by calling 493-0658 or online at: www.capistranoadultschool.org
Call for dates.

Aerobics
Tu, 1:30-2:30pm $19
8-week session

Balance and Mobility with Tai Chi
Tu, 2:30-3:30pm $19
8-week session

Journaling
Th, 9:30-11:30am $39
8-week session

Writer's Circle
Th, 1-3pm. $39
8-week session

Saddleback College Emeritus Classes

Call Saddleback College at 582-4835 for information. Must apply before registering.

Summer Schedule:

Exercise to Music
Tu/Th, 9:15-10:05am

Film as Literature
Mon, 1-3:50pm